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the montana journal of health, physical education, recreation and dance

WINTER ISSUE
FEBRUARY 1980

SPENCER SARTORIUS - EDITOR
PAT WETZEL - PRESIDENT

MARCH 1 - 7, 1980 NATIONAL PHYSICAL EDUCATION & SPORTS WEEK

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FROM YOUR PRESIDENT

The Fall Convention was one of the most unique and interesting conventions I have attended. It was held at the Camp on the Boulder River above Big Timber. The format was outdoor education. Those who attended enjoyed themselves tremendously. The food that Reverend and Mrs. Bob Dunn and crew fixed us was excellent. A special thanks to Spence Sartorius and Dave Oberly for all the hours they spent with the preparation and planning of the convention. A special thanks needs to be given to Deb Agnew for her time spent as Dave's secretary and for agreeing to be my secretary during my term.

Special guests at the convention were Mr. Bob Wambaugh, Director of the Montana Fish, Wildlife and Parks, Mr. Bob Goss, Educational Director of Daisy Corporation, Mr. Hugh Burts, Louisiana Department of Wildlife and Fisheries, Dr. Curt Shirer, Recreational Specialist, Montana State University.

I want our organization to do its part. We, as members, must communicate and work with the Board members. Call or write them and let them know what you want out of the organization and the convention. New Board members are: Spencer Sartorius, State Office of Public Instruction in Helena, President-Elect; Dorothy Orr, Missoula Elementary, Dance-Elect; and Jude Gleason, Capital High School, Helena, Athletics-Elect. The Executive Board will be meeting in Billings April 26 for our Spring Board meeting. Let us know your ideas.

The Executive Board has decided to award AAHPERD Square Feet at the Honor Award for the next three years. The recipients of this award were: Dr. Harold Alterowitz and Eleanor Buzalsky. Congratulations!

Go and let Northwest know that we support AAHPERD and the Northwest President from Montana, John Dayries.

The State Convention will be held in Billings at Eastern Montana College, October 16-17.

MAHPERD, in cooperation with AAHPERD, is sponsoring a Jump-Rope-Athon to benefit the Montana Heart Association.

Tony Dorrsett, a Dallas Cowboy player, will serve as National Chairman for 1980. This event will be held in March in conjunction with National Physical Education and Sports Week activities. If you want information concerning the Jump-Rope-Athon, write: Jump-Rope-Athon for Heart, Montana Heart Association, 510 First Avenue North, Great Falls, Montana 59401.

Hope you have a good year. We'll see you at the Northwest in Portland!

Pat Wetzel

NOTES FROM SPENCE

Well, here we are, on the downhill side of another school year. Track season, the close of school and graduation will again be upon us before we know it. Many of you are making plans now for your summer - work, school, travel..... There are a thousand different things we'll be doing this summer.

For the teacher who is looking for some fun and also needs to pick up some credits, I would suggest writing to one of the University units now for a summer bulletin. Also, for those teachers who love the outdoors my office is helping to sponsor some fastastic outdoor education workshops this summer. The first one is the Montana Outdoor Recreation Education (MORE) Workshop being held at MSU and directed by Curt Shirer. It will have mountain climbing and rappelling, archery and bow hunting, shooting, astronomy and photography and will be held the week of June 9. If you want a super workshop right after school is out, this is it! It will be available for graduate credit. The second workshop will be the week of July 6 and is designed for the elementary level and will include orienteering, shooting, canoeing, astronomy and environmental education. The third, scheduled for the week of July 20, will be a general outdoor education workshop for any grade level and will cover canoeing, shooting, hiking and packing, orienteering and fishing. These last two will be held outside Dillon.

Folks, if you are interested in these workshops, let me know. Last year we had to turn people away so please contact me to get further information. I don't want anyone to miss out on an exciting week of outdoor education this summer. If you haven't tried it before, now is the time. You will never regret it!

During the past month I have attended an outdoor education workshop at Baton Rouge, Louisiana and spent a week working for the National Rifle Association at the Olympic Training Center in Colorado Springs. These two trips were sandwiched around a Christmas vacation in Illinois, so I have travelled quite a bit lately. The workshop in Louisiana was excellent. I was on the program and spoke about outdoor education in Montana. I think I brought back some ideas we can use in our workshops up here. In Colorado, I spent a week helping the NRA write a curriculum guide for the shooting sports. I stayed with the Olympic athletes (the volleyball, diving, weightlifting, cycling and shooting teams were there, plus athletes from Canada, Japan and China) and met two-time gold medalist in the decathlon, Bob Mathias, who runs the center. It was a super experience!

I wish you the best of luck in the remaining school year. Hope to see you soon. If there is anything I can do for you, let me know. Call hotline 1-800-332-3402.

NORTHWEST DISTRICT CONVENTION

Now is the time to plan for March 20-22, 1980. The Northwest District AAHPERD Convention will be in Portland at the Jantzen Beach Thunderbird. Facilities are great, entertainment outstanding and prices comparable to other area hotels.

President John Dayries, University of Montana, is in the final stage of putting the program together. It should be another great convention and we look forward to seeing you there. Inquiries about the program should be directed to Chuck Becker, Convention Manager, Portland State University. Reservations may be made directly with the Jantzen Beach Thunderbird Motel. Be sure to identify your relationship with the Northwest District AAHPERD Convention.

OVERSEAS STUDY--TOUR COURSES ANNOUNCED

The Institute of Comparative Physical Education will offer four study-tour courses during the 1980 summer school period for physical education teachers, coaches, graduate students,

fitness specialists and other professionals. The trips planned are: P.E. 500 - China; P.E. 500 - Sweden & Finland; P.E. 510 - Europe; P.E. 512 - Theories and Practices of Fitness and Health Care in Sweden.

Registration is limited. Individuals interested in enrolling for the courses or for more information write Dr. Matthew G. Maetozo, Dean, School of Health, Physical Education and Recreation, Lock Haven State College, Lock Haven, Pennsylvania 17745.

On March 1, 1980, Eastern Washington University will host its 2nd Annual Tennis Clinic. Dr. Emory "Buzz" Summers, Tennis Coach, University of Oregon, will direct and instruct the clinic. Graduate or undergraduate credit is available. Registration is through the Tennis Clinic/Conference Center, Eastern Washington University, Cheney, Washington 99004 or telephone (509) 359-2406, or for questions at (509) 448-1501.

USTA PUBLISHES FINANCING MANUAL

The United States Tennis Association, in order to ease the court crunch and help communities find ways to finance new tennis facilities, has published a revised edition of Financing Public Tennis Courts. Information on obtaining government assistance, presenting a feasibility study and the importance of securing strong leadership are some of the areas covered. Single copies of the manual are available free of charge from Publications Department, USTA Education and Research Center, 729 Alexander Road, Princeton, N.J. 08540.

UM STUDENT RECREATION ASSOCIATION

The University of Montana Student Recreation Association is interested in having any professional (or other students) attend their meetings and present information on activities happening outside the Missoula area. They can arrange for any necessary A-V equipment and meetings are held on Tuesdays at 7:00 P.M. Anyone interested in visiting or having ideas on speakers may contact SRA Board members:

Mark Larson
1160 Jesse Hall
Missoula, Montana 59801
247-5389

Jon Beaupre
121 North Avenue West
Missoula, Montana 59801
721-2655

Ted Woodward
803 Aber Hall
Missoula, Montana 59801
247-4744

Joyce Harms
520 East Front Street, Apt. 1
Missoula, Montana 59801
721-3970

ANNIVERSARY ISSUE OF RESEARCH QUARTERLY

The March 1980 issue of AAHPERD's research journal will celebrate its fifty years of existenc as an outstanding scholarly and scientific publication in the specialized areas encompassed by the Alliance.

The anniversary issue has been planned and coordinated by the editor of the Research Quarterly, Margaret J. Safrit, University of Wisconsin-Madison. The contributors were selected for their expertise in areas of research of significance to the profession, and their articles will constitute a review of the literature and an evaluation of the "state of the art" in the specifi subdisciplines of their choice. The main areas to be covered are motor learning, biomechanics, motor development, measurement, sport sociology, sport psychology, and exercise psychology.

The lead article will be a historical overview of the Research Quarterly, by Roberta J. Park, University of California-Berkeley. It will tell the story of the quarterly during its 50-year publishing history and discuss its role in the development of the profession.

10 YEAR INDEX PUBLISHED FOR HEALTH EDUCATION

Health Education magazine, which is finishing its tenth year of publishing, has included a ten-year cumulative subject index in its November-December 1979 issue. Articles printed since the magazine's first issue, when it was called School Health Review, have been listed alphabetically under appropriate headings. Evelyn Ames, one of the associate editors, compiled a list of topics covered in Health Education, including aging, curriculum,alcohol, drugs, smoking, professional preparation, history, and more, which are used as index headings. Many articles are cross-indexed under two or more headings.

Since Health Education's beginning in 1969, as the quarterly School Health Review, articles have appeared of interest to school and community health educators, parents, and student majors. This eight-page cumulative index will be helpful to those looking for good teaching ideas, research information, past and future trends, or reports on what is being taught in classrooms across the country.

NATIONAL PE AND SPORT WEEK

The fifth annual National PE and Sport Week will be celebrated March 1-7, 1980. Ideas for ways to display PE programs and activities to the public as well as guidelines for a Jump-Rope-A-Thon may be obtained by writing AAHPERD Information, 1201 16th Street, N.W., Washington, DC 20036. Each year finds more and more ingenious activities being sponsored by schools, clubs, agencies and State and local HPER groups. Please send AAHPERD/Information your new ideas so that others can benefit from them.

SPECIAL AALR PROGRAMS AT DETROIT CONVENTION

AALR will hold its first State Leaders Workshop in conjunction with the AAHPERD Convention in Detroit, Michigan, next April. Recreation officers and leaders from all state Associations for HPERD are being identified and contacted to take part in this learning program.

The workshop will identify common issues and problems in recreation and leisure services; examine resources and services available from AALR and AAHPERD that can help state recreation associations; and discuss priority needs for information and services.

AALR President M.G. Sholtis will chair the workshop and other members of the AALR Board will be in attendance.

"Recreation in Retirement: Retired Professionals -- Do They Practice What They Preached?" is the title of a convention program scheduled for Monday, April 14. Retired Milwaukee assistant superintendent George T. Wilson is coordinating a national study of retired park and recreation professionals. Wilson's findings will be detailed during this program -- also on the program are Marsha Reid from Camp Happy Hollow (Mayville, Michigan) and Clifford Seymour of Southern University (Baton Rouge, Louisiana).

SAFETY/RECREATION COOPERATE ON LIABILITY CONFERENCE

A one-day conference on liability issues in physical activity programs will be held Thursday, April 10, just before the Detroit convention. Dr. Betty van der Smissen will be one of the conference speakers. Conference is being jointly sponsored by the American School and Community Safety Association and the American Association for Leisure and Recreation. Pre-registration will be accepted.

To have your name placed on a mailing list for further information write to: Liane Summerfield, AALR/AAHPERD, 1201 16th Street, NW, Washington, DC 20036.

NATIONAL DANCE WEEK

The Third National Dance Week will be held the week of April 14, 1980.

Anyone planning a special performance or workshop can order NDA materials to distribute by contacting Dr. Margie Hanson, Executive Director, National Dance Association, 1201 16th St., NW, Washington, DC 20036. To obtain ideas or to share ideas write John Bennett, NDA Coordinator of National Dance Week, 401 River Drive, DeKalb, IL 60115. For a display of NDA books contact the AAHPERD Chair of Publications. Each state should have a complete set of AAHPERD books.

PROJECT ACE (ALLIANCE CAREER EDUCATION) DEVELOPS NEW PUBLICATIONS

Two new publications for teachers interested in infusing career education into physical education and sport, K-12, have been developed by the American Alliance for Health, Physical Education, Recreation, and Dance through its career education project, ACE.

Weaving Career Education into Physical Education and Sport: A Handbook contains teaching activities and strategies developed by teachers nation-wide. Activities for K-12 physical education classes center around infused concept ideas from both physical education and career education. These include movement skills, balance between work and leisure, physical fitness, personal and social skills, self-awareness, and career knowledge.

The handbook is designed for easy use and insertion into existing lesson plans. Illustrations can be photocopied for bulletin board displays and class discussions. A special section for students highlights how to discover career options and pursue job interests. An extensive annotated bibliography includes career education and physical education resources of interest to teachers and students.

Infusing Career Education into Physical Education and Sport: Selected Readings focuses on the role of the profession and the physical educator in the infusion of career education into physical education and sport.

Text of this book contains sections on "The Why of Infusion," "The Commitment for Professionals," and "The How of Infusion."

For additional information on these publications, contact Project ACE, c/o AAHPERD Publications, 1201 16th Street, NW, Washington, DC 20036.

1980 AAHPERD PUBLICATIONS AND AUDIOVISUAL CATALOG AVAILABLE.

If you're looking for an up-to-date publication or film in the fields of health, physical education, athletics, dance,safety, fitness or recreation you can find it in the new 1980 Publications and Audiovisuals Catalog just released by the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). It's free of charge on request.

The catalog contains over 400 titles -- including books, pamphlets, and audiovisuals for all educational levels as well as community programs.

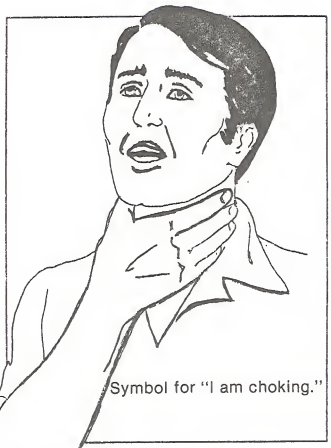
More than 50 of the titles are new and listed for the first time in this catalog. A sampling of topics covered in these recent publications shows the diversity of materials in the catalog; rock climbing, tennis instruction, physical education guidelines, sports history, soccer research, co-ed activities and sports, facilities, activities for the handicapped, youth sports, aquatics, administration of environmental/conservation/outdoor education programs, children's play, aerobic programs, health education evaluation instruments, and sports guides for basketball, lacrosse, track and field, volleyball, team handball and racquetball.

Single copies-- or quantities for distribution to groups at meetings and conferences -- are available free of charge by writing AAHPERD, 1201 16th St., NW, Washington, DC 20036.

New Poster Available. . .

This big (17" x 22") colorful poster is now available from AAHPERD. Only $1.00 to cover postage & handling. Order by Stock #240-25966 from AAHPERD Publications-Sales, 1201 16th St., N.W., Wash., D.C. 20036.

Someone's Life Could Depend On You!



Symbol for "I am choking."

How many times have you sat at the dinner table and casually patted a choking relative or guest on the back? What would you do if the choking did not end with a drink of water or gentle pat on the back?

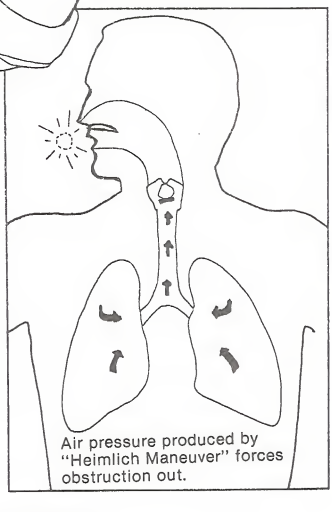
Imagine a relative or close friend struggling desperately for breath, unable to speak or help himself. Without help, death will come in minutes. Would you know how to help?

Over 3,900 healthy Americans choke to death each year because onlookers can only offer useless pats or drinks of water. Such tragic fatalities could be prevented if more people were familiar with the "Heimlich Maneuver."

Recently, a simple life-saving technique was developed by Henry J. Heimlich, M.D., which can dislodge food blocking the windpipe. The "Heimlich Maneuver" increases air pressure within the lungs, forcing the food to eject out of the blocked airway. The air pressure is created by a quick upward thrust on the victim's abdomen.

It is advised that after a person signals he is choking, that he lean over and cough forcibly until assistance arrives. Some persons have successfully administered the "Heimlich Maneuver" on themselves, however the technique is best applied by another person.

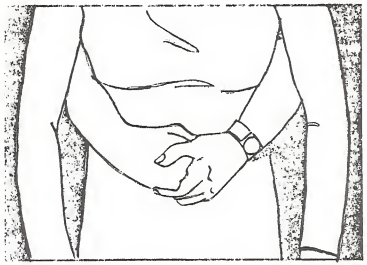
Persons administering the "Heimlich Maneuver" are warned that abdominal pressure must be applied *below the rib cage*. The maneuver is *not* a "bear hug". Squeezing with the arms could cause internal injuries. Any person rescued by use of the "Heimlich Manuever" should be examined immediately by a physician.



Air pressure produced by "Heimlich Maneuver" forces obstruction out.

Released by the Montana Lung Association
825 Helena Avenue, Helena, Montana 59601

If the victim is standing or sitting...
Stand behind victim and place fists just below rib cage. Press into victim's abdomen with quick upward thrust.



If the victim has collapsed...
Kneel astride collapsed victim's hips, placing one hand over the other. Place heel of bottom hand slightly above navel and below rib cage. Press with quick upward thrust.